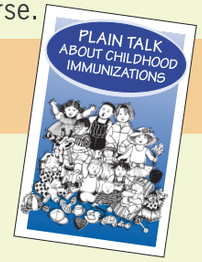
Immunization is the single most important way parents can protect their children from 14 serious diseases.
There are no effective alternatives to immunization for protection against these serious and sometimes deadly diseases.

Immunizing babies and children at the earliest recommended age is best.
If a baby or child is not immunized and gets a vaccine-preventable disease, he or she is more likely to suffer from severe health problems, disability, or even death.

Parents often do not realize their children are behind on getting immunizations. Bringing your child's immunization record card to each health care visit helps you keep track of your child's immunizations.

Immunizations are OK even if your child has a minor illness.
Immunizations can be given and should be requested during any visit to your doctor or nurse, even if your child is taking antibiotics, or has a minor illness, such as mild fever, a cold, or diarrhea. The vaccine will still be effective. It will not make your child's illness worse.

More immunization information



Free Booklet: Plain Talk About Childhood Immunizations
- www.doh.wa.gov/cfh/immunize
- 1-800-322-2588

Washington State Department of Health
- www.doh.wa.gov/cfh/immunize

Centers for Disease Control and Prevention
- www.cdc.gov/nip
- 1-800-CDC-INFO (1-800-232-4636)
- TTY: 1-888-232-6348
- email: NIPINFO@cdc.gov

Vaccine Education Center at the Children's Hospital of Philadelphia
- www.vaccine.chop.edu

Recommended Childhood and Adolescent Immunization Schedule

This schedule is adapted from the 2006 schedule of the U.S. Centers for Disease Control and Prevention, the American Academy of Pediatrics and the American Academy of Family Physicians.

Vaccine \ Age	Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	24 mos	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis B	HepB	HepB		*HepB*	HepB				Hep B series					
Diphtheria, Tetanus, Pertussis (whooping cough)			DTaP	DTaP	DTaP		DTaP			DTaP	Tdap	Tdap		
Haemophilus influenzae type b			Hib	Hib	*Hib*	Hib								
Inactivated Poliovirus			IPV	IPV	IPV					IPV				
Measles, Mumps, Rubella						MMR				MMR	MMR			
Varicella (chickenpox)						Varicella			Varicella					
Meningococcal					Vaccines within broken line are for selected populations				MPSV4		MCV4	MCV4	MCV4	
Pneumococcal			PCV	PCV	PCV	PCV			PCV		PPV			
Influenza (flu)					Influenza (yearly)				Influenza (yearly)					
Hepatitis A						HepA series			HepA series					

How to read this schedule:

- **The age range recommended for immunization.** If a dose is not given at the recommended age, it should be given as soon as possible after that age.
- **Catch-up immunization.** This is when a vaccine should be given if a recommended dose was missed.
- **Preadolescent well-child visit.** Immunization status is checked at this visit.

Vaccines in italics (HepB and Hib) are optional doses depending on the brand of vaccine used. Ask your doctor or nurse for more information.

For more information, talk with your doctor, nurse, clinic, local health department, or call:

Immunize on time for the best protection from these 14 serious diseases

- **Hepatitis B** virus is passed by contact with blood or other body fluids and causes serious liver infections. A mother with hepatitis B can pass the virus to her newborn during childbirth. People with chronic hepatitis B can develop liver problems, including liver disease and liver cancer. Hepatitis B can lead to death.
- **Diphtheria, Tetanus, & Pertussis**

  Diphtheria is spread by coughing and sneezing. It causes a sore throat, low-grade fever, and can completely clog a person's airway. Diphtheria can cause breathing and heart problems, coma, paralysis, and death.

  Tetanus (lockjaw) can occur when a tetanus germ enters a deep cut or puncture wound. It can cause muscle spasms, breathing problems, and death.

  Pertussis (whooping cough) is spread by coughing and sneezing. It causes spells of coughing that make it hard for a child to eat, drink, or even breathe. It can cause pneumonia, seizures, brain damage, and death. Often, babies with pertussis have to be hospitalized.
- ***Haemophilus influenzae* type b** (Hib disease) can be spread by coughing and sneezing. It can cause infections of the joints, skin and blood, meningitis (swelling of the covering of the brain and spinal cord), brain damage, and even death. Hib is most dangerous to children under age five.
- **Polio** can cause permanent paralysis and even death. There is no treatment for polio. Polio still exists in other countries, just a plane ride away.
- **Varicella** (chickenpox) causes an itchy skin rash with blisters and fever. Many people don't know that it can be severe and may lead to serious skin infections, pneumonia, and meningitis (swelling of the covering of the brain and spinal cord).
- **Measles, Mumps, & Rubella**

  Measles spreads very easily by coughing and sneezing. It causes a high fever, cold-like symptoms, and rash. It can lead to pneumonia, hearing loss, brain damage, and even death. A child who has not been immunized will most likely get measles if exposed.

  Mumps can cause headache, fever, and swelling of the cheeks, neck, or jaw. It can lead to hearing loss, meningitis (swelling of the covering of the brain and spinal cord), and brain damage.

  Rubella causes a slight fever and a rash on the face and neck. Pregnant women who get rubella can miscarry, or have babies with severe birth defects such as blindness, deafness, or developmental delays.
- **Meningococcal disease** is spread by direct contact with someone who is infected. This includes coughing, kissing, and sharing anything an infected person touches with his or her mouth. It is a rare but serious bacterial infection that can cause severe infection, meningitis (swelling of the covering of the brain and spinal cord), and pneumonia. Survivors can suffer hearing loss, limb loss, or brain damage. Children over two years and teenagers may have high fever, confusion, severe headache, and stiff neck. The symptoms in babies are different. They may be overly slow, sleepy, or limp, and too weak to feed.
- **Influenza** (flu) is a respiratory virus that spreads easily through coughing and sneezing. The virus can lead to pneumonia and heart problems. Influenza can be very serious for babies. They often have to be hospitalized. Flu is even more serious for children with chronic illnesses such as asthma, heart disease, or diabetes.
- **Pneumococcal disease** is spread through coughing and sneezing. It is the leading cause of bacterial meningitis (swelling of the covering of the brain and spinal cord) in young children. It can also cause serious blood infections and pneumonia.
- **Hepatitis A** is a liver disease caused by a virus found in the feces of a person with hepatitis A. The virus spreads when a person puts something (food, water, hands, or an object) into his mouth that has infected feces on or in it. Hepatitis A can pass easily from one person to another in the same household or child care setting.

For more information on these diseases, visit *www.doh.wa.gov/cfh/immunize.*

Children Benefit from Vaccines

Vaccines save lives and protect people from illness and permanent disability. Young children need to be vaccinated because they are more likely to develop complications or die from vaccine - preventable diseases than older children and adults. Vaccines will not give your child the illness, nor can your child pass disease on to others by receiving a vaccine.

How Vaccines Work for Your Body

Vaccines are made from weakened or killed disease germs and are given by a shot, liquid drops, or an inhaled spray. Immunizations work by making the body's immune system stronger and teaching it to fight diseases. After getting a vaccine, the body makes and keeps antibodies to the disease germs. If and when the body is exposed to the real disease germs, the immune system is ready to fight and destroy those germs so that the body does not get the real disease. This is called immunity. Medical studies show that the body's immune system can safely receive more than one vaccine at a time. Vaccines use only a tiny bit of the immune system's ability to fight disease.

Vaccine Safety

Vaccines are safe and effective. They undergo years of testing before they can be used. Once approved, vaccines continue to be studied for safety. Sometimes children will have minor reactions to a vaccine, such as soreness or redness where the shot is given, or a slight fever. It is very rare for a child to have a serious reaction to a vaccine. The risk of catching a serious or even fatal disease is greater than the risk of a bad reaction from a vaccine. If you have questions about vaccine safety, talk to your doctor or nurse.

CHILD PROFILE
www.childprofile.org

Washington State Department of Health

This flyer is available in other formats.

DOH 348-088 325-0053E Rev 5/06

Immunizations

A guide to protecting your child.